

ABSTRACT OF THE DISCLOSURE

A foamed rubber obtainable by a process including the steps of:

- (1) blending 100 parts by weight of a rubber and 4-15 parts by weight of a blowing agent having a decomposition temperature of 170°C or above, to obtain a composition,
- (2) continuously molding the composition with a continuous molding apparatus, to obtain a molded body, and
- (3) continuously heating the molded body to effect vulcanization and foaming, thereby to obtain a foamed rubber which has an average cell diameter of 1-150  $\mu\text{m}$ , a hardness as determined according to JIS-K-6301 of 30-100 and a density of 0.7-1.1 kg/ $\ell$ , is light in weight and has a high hardness comparable to solid rubber, a high strength and a smooth surface.